

IOWA STATE UNIVERSITY

Digital Repository

Volume 8

Number 1 *The Iowa Homemaker* vol.8 no.1

Article 5

1928

-Makes a Girl Healthy

Rosemary Koeberle

Iowa State College

Follow this and additional works at: <http://lib.dr.iastate.edu/homemaker>



Part of the [Home Economics Commons](#)

Recommended Citation

Koeberle, Rosemary (1928) "-Makes a Girl Healthy," *The Iowa Homemaker*: Vol. 8 : No. 1 , Article 5.

Available at: <http://lib.dr.iastate.edu/homemaker/vol8/iss1/5>

This Article is brought to you for free and open access by the Student Publications at Iowa State University Digital Repository. It has been accepted for inclusion in The Iowa Homemaker by an authorized editor of Iowa State University Digital Repository. For more information, please contact digirep@iastate.edu.

—Makes a Girl Healthy

By Rosemary Koeberle

IF you could stand on the Knoll some morning when the chimes are playing, and watch the girls hurrying from the halls and houses; or, if you could stand on the top steps of Central building some noon and see them rush by in every direction; or, again, if you would come out to the playground at 4 o'clock in the afternoon and watch them playing basket-

is to hit the bull's eye four times out of five!

If a girl has weak arches, she will, no doubt, be advised to forego the pleasures of these exhilarating five mile hikes. Why worry when there is swimming, which cannot possibly harm one's feet? Even in the coldest weather we have our Palm Beach sport, and we find many perfected side and crawl



An Iowa State Hockey Team

ball, hockey, tennis, baseball, or trooping by on a hike—if you could do any or all of these things you would be somewhat surprised and wonder just how they do it.

Really, it isn't easy. Every Iowa State girl knows that. Our days are crowded with lectures, recitations, "labs" and activities. We are busy, but we enjoy it—oh, so much!

Here I've gone way off my subject, trying to impress you with our activities, when I really mean to tell you why we can be so happy when we are so busy.

In the fall, when we come to school as "preps," we hear rumors of physical examinations and dimly wonder what it is all about. It is that examination which is the foundation and beginning of all this happiness, for through it we learn what physical activities we can participate in, and which ones we should refrain from doing. If a girl has a weak heart it is not wise to play hockey, but she will find archery a fascinating sport. What a thrill it

strokes, also fascinating jack-knife and backward dives. But swimming is good for more than supplementing hikes. It is the origin of all grace and good carriage, for which all of us strive.

And in the spring the tennis courts are crowded with eager, active players. Six o'clock in the morning until twilight always finds them occupied. Tennis brings a sparkle to the eye and that "school girl complexion" to the cheek.

Perhaps if you watched all those girls hurrying by, something else would attract your attention. Some would appear graceful and well poised—even in their haste their movements would be lovely. Natural dancing classes help to develop this charm. Our dancing is not the ballet or fancy type you may have seen on the stage. It is more a study of rhythm and balance worked out to music. A year of dancing does much to produce graceful movement and self confidence in carriage.

(Continued on page 14)

New Health Food

"Lacto-acidophilus!" Doesn't that arouse your curiosity? This and other new products will probably be on the market for the consumer some time within the near future as the result of research work which is being conducted in the Iowa State College Dairy Department.

The frozen delicacy, "lacto-acidophilus," is already on sale at the Dairy Building and the College Book Store. It is manufactured from acidophilus or "medicinal" milk, to which fruit juices have been added, and the resultant mixture frozen. People who dislike to drink acidophilus milk in its raw state may now eat the new product, which has a flavor similar to sherbet, and receive the same benefits.

Acidophilus milk contains beneficial bacteria, which tend to replace the putrefactive bacteria which inhabit the intestines of adults. Metchnikoff, great Russian zoologist, noticed that if the harmful putrefactive bacteria were replaced by the acidophilus bacillus, the health of the individual would improve.

Many persons in Ames call regularly at the Dairy Department to buy acidophilus milk to drink in place of ordinary milk. It is manufactured by adding the beneficial bacteria to skim milk through a rather complicated process, so complicated that the milk brings a price of as much as one dollar a quart in some cities.

At the present time the Dairy Department is trying to obtain a better "lacto-acidophilus" product by adding or increasing the percentage of milk solids. This ought to bring about a smoother texture, making the product appear more like ice cream than sherbet. Increase in milk solids would also increase the therapeutic value.

Some experiments have been conducted on honey ice cream in the past few weeks. The fourteen percent sugar which is usually the amount used in making ice cream is replaced with sixteen percent of honey. Results so far have shown that the cost of the ice cream is not increased, because no vanilla is used, but the texture of the ice cream is not as good as it should be. Further trials along this type of research will not be conducted until next fall, when the cooler season is here. It has not been determined whether the poor texture of honey ice cream is due to the use of the honey or the hardening.

Save With Safety

at

The Rexall Drug Stores

LOWRY & THEIS
Downtown
LINCOLNWAY PHARMACY
Campustown

A Beautiful Home is

the desire of the ambitious woman. The vast number of little things in our shop need but the knowledge of the Art to guide you in the proper selection and your fondest hopes are realized. Take home something, or let us pack it for mailing.

Godard's Gift Shop

Downtown

IOWA'S Manufacturing Fraternity Jewelers

Makers of crests, jeweled fraternity pins, guards, pledge pins and buttons, rings, medals, trophies.

We are listing below a few pins we make for Iowa State College.

T. L. B. Pins
Sigma Nu pins
Ames I. of S. pins
Ames Trades and Industries
Alpha Kappa Delta
Ames Standard pin
Delta Beta charms
Pebul Pins
Also Ames track medals.

See us Before Placing your orders

The
MASTER CRAFTSMEN
JEWELERS (INC.)
J. J. BITTLE PRES.
THIRD FLOOR SHOPS BLDG.
DES MOINES

Infantile Tetany

(Continued from page 2)

ply of calcium in the diet. It is invaluable in diets low in milk, as are the diets of Chinese children.

"Cod liver oil also furnishes this antirachitic substance known as vitamin D. During the more recent years, well controlled experiments, both on rats and on the human infant, have demonstrated beyond criticism the efficacy of cod liver oil in the prevention and cure of rickets. This also applies to tetany as it is the same type of deficiency disease as rickets and is prevented and cured by exactly the same means.

"Now, Mrs. Young-Mother, I want to conclude this consultation with a few suggestions regarding the treatments with ultra-violet light.

"It will be necessary for you to go either to your physician or to a hospital for this quartz-mercury lamp treatment. From this source of artificial sunlight your baby will receive the beneficial rays which have the power to penetrate the skin and to act upon substances found there, in a way to form vitamin D, which in turn assists the body to use the calcium brought into the body through the foods. As I stated earlier this morning, tetany has been cured by means of irradiation with ultra-violet rays.

"Do not be alarmed if your child continues to have slight convulsions for a time, but follow the diet outlined faithfully and start the ultra-violet irradiation immediately, and I feel sure that she will respond by a cessation of this tetany."

Mrs. Young-Mother departs with her young daughter, feeling very grateful and much encouraged.

—Makes a Girl Healthy

(Continued from page 4)

The Campanile is a vital factor in determining our happiness. We work and play according to schedule time, rising at seven and retiring at ten-thirty. Our daily program becomes a regular habit.

And so we work and play at Iowa State College, developing skill and interest and friends on our dear campus. We learn how to enjoy life and how to live life. That is the secret we are initiated into at Iowa State. That secret is waiting for all the "sweet girl graduates" who will be coming to Ames next fall.

Smith Jewelry Co.

Anything in our window
for \$1.00
212 Main

Bates Baking Co.

Butter-nut bread
Cakes and Pastery



Phone 206

Hotel Sheldon-Munn FIREPROOF

Ames, Iowa

Tangney McGinn Hotel
Company

Also Operating

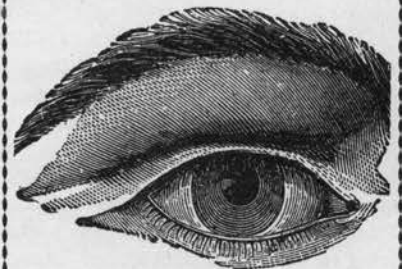
Hotel Russell-Lamson, Waterloo,
Iowa.

Hotel Rogers, Bloomington, Ill.

Hotel Arlington, Sheldn, Iowa.

Hotel Thompson, Worthington,
Minn.

Hotel President, Waterloo, Iowa.
(Under Construction)

**Students**

should be equipped with NORMAL vision as well as with BOOKS when they enter school. That is our business exactly: making the vision normal.

Dr. F. E. Robinson

EXCLUSIVE OPTOMETRIST

Over the Gift Shop

Ames, Iowa